Narrows OAC Newsletter November 2026

November Fun Facts

November is Observed as : Thanksgiving, Diabetes Awareness Month, Alzheimer's Awareness Month, Lung Cancer Awareness Month, Veteran's Day

Birthstone: Citrine

Fruits and Veggies of the Month: Apples, Avocado Artichokes, Bok Choy, Sweet Potatoes, Kiwi, Lemons

Flower: Chrysanthemum

Astrological Sign: Scorpio and Sagittarius



CCNS
Narrows Senior Center
933 54th Street
Brooklyn, NY 11219
Tel: 718.232.3211
Fax: 718.232.0512





Hello November!!

Heartwarming aspects of November include the cozy atmosphere of chilling nights and shorter days, perfect for gathering with loved ones, enjoying everything cozy, and appreciating simple moments. The month is a time for gratitude and reflection, with Thanksgiving encouraging us to count our blessings. It also marks the season of beautiful, slow transitions in nature, as golden leaves fall and the world prepares for winter's rest, bringing a sense of calm and quiet beauty.

As temperatures drop and daylight hours decrease, fall is the perfect time for seniors to enjoy the weather and social engagement before the cold winter arrives. According to the CDC, incorporating regular physical activity, especially outdoor options, into daily routines provides essential health benefits. Getting outside and being physical helps maintain mobility, enhances mental health, and reduces the risk of chronic disease. This fall, get out and enjoy local activities with a loved one, and take in all the beauty of autumns changes. With Thanksgiving a few weeks away, habits of overeating becomes a real concern. This does not mean you should clear out those pantries or start a new tradition of "Thanksgiving salad." All it means, is to maintain a healthy balance of foods as part of your regular lifestyle. "Thanksgiving is a time to be grateful, not a time to worry. The best thing you can do is stay up to date on all preventive screenings and wellness exams. Have it all, enjoy it all, but in moderation. Eat smaller portions and try to fill up on more vegetables and proteins and decreasing the carbs. There are many healthy recipes that are absolutely delicious without compromising the flavor of fall. We at the Narrows invite everyone to spend your weekdays with us. Make new friends and participate in creative and healthy activities.

Funded By The New York City Department for the Aging

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Administrative Assistant

Shakyem Bembury
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Joshua Rodriguez
Maintenance

CELEBRATING NOVEMBER

Thanksgiving

In September 1620, a small ship called the Mayflower left Plymouth, England carrying many pilgrims into the new land, which eventually would be called America. They were getting away from a bad political system in England that persecuted them for their religious beliefs. The pilgrims suffered from starvation and malnutrition and many died as a result of it. They encountered a Native American named Squanto who would teach them how to plant and harvest crops, which became successful. They held the first Thanksgiving to give thanks to the Native Americans that taught them how to plant crops and have plentiful foods. Since then, thanksgiving has been celebrated every year.

http://www.history.com/topics/thanksgiving/history-of-thanksgiving

Veteran's Day

After World War 1 ended, Armistice Day was created to celebrate the agreement between different countries that ended world war 1. However, after world war 2 happened and ended, Armistice Day was then replaced with Veteran's Day to honor all the veterans that have fought for USA. As many know, America became involved with other wars such as Korean War, Vietnam War, including recently in Afghanistan and Iraq. The name Veter-an's Day is more appropriate to use to honor all American veterans that have fought in wars and unfortunately many died.

http://www.va.gov/opa/vetsday/vetdayhistory.asp

National Diabetes Awareness Month

November is National Diabetes Awareness Month. Diabetes is a disease when the body is unable to produce sufficient insulin to process the sugar levels. However, this disease can be managed if you follow the doctor's instructions on taking medication and other steps. This includes eating a healthy diet and eating less sugary/fattening items. Exercise also helps as well. Testing your blood is also extremely important if you have diabetes. If neglect to treat the disease, it can easily lead to other problems such as heart prob-lems, stroke, blindness/eye problems, amputations, kidney disease and more.

https://www.cdc.gov/features/livingwithdiabetes/

Daily Activity Calendar

Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
8am to 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class	8am 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class
9am to 11am Ping Pong 10am to 11am Jewelry Making Class 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Mah Jong / Ping Pong 10:30 11:15am Yoga Class 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Ping Pong 10:30 to 11:15am Meditation & Somatic Movements 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Mah Jong/ Ping Pong 10:30 to 11:15am Strengthening Class 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Ping Pong 10:30am to 11:30am Music Entertainment
12:00 PM **LUNCH** Congregate 1pm to 2pm Ballroom Dancing With Valerii Radionov Independent Board and Card Games	12:00 PM **LUNCH** Congregate 1:30pm to 3:00pm Arts & Craft Independent Board and Card Games 2pm to 3:45pm Movies at the Narrows (non-transportation)	12:00 PM **LUNCH** Congregate 1:00PM– 2:00PM Plaster and Painting Independent Board and Card Games	12:00 PM **LUNCH** Congregate 1PM to 2PM Painting Appreciation Independent Board and Card Games 2pm to 3:45pm Movies at the Narrows (non-transportation)	12:00 PM **LUNCH** Congregate 1pm to 2pm Computer /Technology Class with Hau-Yu 1:15pm to 2pm Cognitive Exercise Challenge BINGO Cognitive Exercise

Karaoke is per request. Please see staff to set up the equipment.

Please speak to staff before making a donation of household items or clothing as we have to follow safety guidelines.

As this center belongs to you, the members, please see staff for activity suggestions

Please call (718) 232-3211 for updates or changes.

November 2026 Presentations

Monday 11/2/2026 9:30am— **Health/Wellness Scam** (English)

Monday 11/16/2026 10am — **Credit Management** (English)

Tuesday 11/17/2026 9:30am — **Healthy Thanksgiving Dinner** (English)

Monday 11/23/2026 9:30am — **Harmony Road Meet & Greet**

Monday 11/30/2026 10am — **Comedy Show**

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 11/6/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 11/13/2026 10:30am — 11:30am Maurice Zebede Mini Concert

Friday 11/20/2026 10:30am — 11:30am Thanksgiving Celebration With Joel Pawiak

Wednesday 11/25/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

---

Please Note They Are Subject To Changes At Any Time

Catholic Charities
Brooklyn and Queens

Narrows Older Adult Center Menu for November 2026

930 53rd Street Brooklyn, NY 11219 Tel: (718) 232-3211 Fax (718) 232-0512

Monday	Tuesday	Wednesday	Thursday	Friday
2 Jerk Chicken Brown Rice Steamed Cauliflower Whole Wheat Bread Apple	**3** Vegetarian Three Bean Chili White Rice Steamed Green Beans Whole Wheat Bread Banana	**4** Basic Shepherd's Pie Vegetable Mix Whole Wheat Bread Orange	**5** Egg Salad Italian Chickpea Pasta Salad Cole Slaw Whole Wheat Bread Applesauce	**6** Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes Tossed Salad with Dressing Whole Wheat Bread Pear
9 Chicken Fajitas Yellow Rice Sauteed Spinach Whole Wheat Bread Apple	**10** Colombian Red Bean Stew Steamed Carrots Whole Wheat Bread Orange	**11** Baked Pork with Mushroom Gravy Brown Rice with Kidney Beans Tossed Salad with Dressing Whole Wheat Bread Banana	**12** Cheese Lasagna Rollups Garden Salad with Chickpeas Vegetable Mix Whole Wheat Bread Applesauce	**13** Fish with Tomatoes and Herbs Roasted Potatoes Steamed Green Beans Whole Wheat Bread Pear
16 Classic Chicken Cacciatore Pasta Steamed Broccoli Whole Wheat Bread Apple	**17** Zesty Chickpea Stew White Rice Vegetable Mix Whole Wheat Bread Orange	**18** Beej Meatloaf Roasted Potatoes Steamed Carrots and Green Beans Whole Wheat Bread Banana	**19** Tuna Salad Cucumber and Chickpea Salad Potato Salad Whole Wheat Bread Applesauce	**20** Lemon Garlic Baked Fish White Rice Tossed Salad with Dressing Whole Wheat Bread Pear
23 Arroz con Pollo Chicken Breast and Rice Brown Rice with Kidney Beans Vegetable Mix Whole Wheat Bread Apple	**24** Classic Black Bean Stew Yellow Rice Steamed Carrots Whole Wheat Bread Orange	**25** Baked Pork with Mushroom Gravy Sauteed Spinach Sauteed Sweet Potatoes Whole Wheat Bread Banana	**26** **CENTER IS CLOSED**	**27** **CENTER IS CLOSED**
30 Baked Chicken Thighs with BBQ Sauce Sauteed Sweet Potatoes Steamed Broccoli Whole Wheat Bread Apple			• *Menu Subject to Change* • All Meals Served with 8 oz., 1% Milk • Hot beverages are offered throughout the day • Sugar substitute is available • Funded by NYC Aging	



Let's Talk Turkey

Did you know

Turkey talk

A baby turkey is a poult.
A male turkey is a tom.
A female turkey is a hen.

Gobble gobble?

Only tom turkeys gobble. Hen turkeys make a clicking noise.

A healthy choice

Turkey is low in cholesterol and trans-fat free!

Animal care

Climate-controlled barns

Climate-controlled barns provide protection from predators, weather and disease.

A balanced diet

Turkeys are fed a balanced diet of corn and soybean meal mixed with vitamins and minerals so they grow to be healthy and strong!

Beak Conditioning

Beak conditioning prevents poultry from pecking and injuring other birds in the flock.

Commitment from farmers

Raised without any added hormones and steroids!

The FDA prohibits the use of hormones and steroids in turkey production.

Environmental stewardship

Turkey bedding (litter) is rich in nutrients like nitrogen. It is recycled as an organic fertilizer on farm fields.



Turkey tidbits

Turkey eggs are tan with brown specks and are larger than chicken eggs!

Minnesota ranks first in turkey production!

At maturity, turkeys have about 3,500 feathers.

Animal Agriculture Alliance
Connect | Engage | Protect

Want to know more about raising turkeys? Ask a farmer!

Sources:
www.eatturkey.com
www.minnesotaturkey.com



The Evolution of Thanksgiving

Thanksgiving goes beyond just a feast. It's a tradition rooted in friendship and assistance from the Wampanoag to the Pilgrims. Let's also reflect on the struggles and sacrifices of Native American communities impacted by that first Thanksgiving. By embracing their perspective, we gain a better understanding of Thanksgiving.



1621: A historic gathering

First Thanksgiving celebrated in Plymouth, Virginia among Pilgrims and members of the Wampanoag tribe. **A feast was organized to show gratitude for a bountiful harvest.**



From feast to national holiday

President Abraham Lincoln proclaimed Thanksgiving a national holiday to be celebrated on the **final Thursday of November** to unify a nation in reflection.



Contemporary traditions & celebrations

Thanksgiving today is synonymous with family, feasts, and gratitude. **Modern traditions include the Macy's Thanksgiving Day Parade and NFL games.**



Thanksgiving: A day of remembrance

For many Native Americans, Thanksgiving is a reminder of betrayal and loss. **It's a day of mourning and reflection on the struggles of indigenous peoples.**

THE HISTORY OF VETERANS DAY

HISTORY MAIL



1918

An armistice was signed between the Allies and Germany on the 11th Hour of the 11th Day of the 11th Month

President Woodrow Wilson proclaimed the first Armistice Day on the 1st anniversary of the war's end.



1919



1938

Armistice Day became a legal U.S. holiday to honor the end of WWI.

The day was renamed "Veterans Day" and expanded to honor all veterans from all wars.



1954



1968-1971

The Uniform Monday Holiday Act moved Veterans Day to the fourth Monday of October.

President Gerald Ford, signed a law returning Veterans Day to November 11, where it has remained ever since 1978.



1975-Present

A4 | US LETTER

Neck & Shoulder Stretch for Seniors

Neck & Shoulder Stretch



1. Neck Flexion
8–10 reps
Sit tall. Slowly lower your chin toward your chest, then return to neutral.



2. Neck Extension
8 reps
Gently tilt head backward looking slightly upward, then return to neutral.



3. Neck Side Tilt
8 reps each side
Tilt head toward one shoulder without lifting the shoulder. Alternate sides.



4. Neck Rotation
8 reps each side
Slowly turn head to look over one shoulder, then the other.



5. Shoulder Rolls
10 forward, 10 backward
Lift shoulders up, roll them back and down in a slow circular motion.



6. Shoulder Shrugs
12 reps
Lift both shoulders toward ears, hold briefly, then relax down.







THANKSGIVING

WORD SEARCH





T H A N K F U L P I E D H T T
L Q U G I V O F I N A D A H F
E S F E A S T U L E M V E A O
A W K O Z S T Y G F E L S N O
V I E R H K H Z R M Y G T K T
E S Y D X Z M O I B F K A M B
S S L L W C L K M A K N D A A
A Q J E N M R C H O O W C Y L
M U U M E O H C O C W T P F L
F A M I L Y I O E V E R T L K
A S Y E V B U R S A R V M O D
L H P U M P K I N M R P O W G
L N O V E M B E R C K F C E R
T B U W Y L M Z C O R N O R N
G O B B L E O J B T U R K E Y









TURKEY
FAMILY
PIE
FOOTBALL
PUMPKIN

GOBBLE
SQUASH
PILGRIM
FALL
NOVEMBER

THANKFUL
FEAST
LEAVES
MAYFLOWER
CORN



PECAN PIE

Pastry for 9-inch One-crust Pie
(page 316)

3 eggs

⅔ cup sugar

½ teaspoon salt

⅓ cup butter or margarine, melted

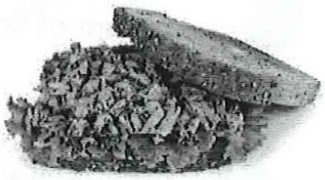
1 cup dark or light corn syrup

1 cup pecan halves or broken pecans

1 tabven to 375°. Prepare pastry. Beat eggs, ,ar, salt, butter and syrup with rotary beater. Stir in nuts. Pour into pastry-lined pie pan. Bake 40 to 50 minutes or until filling is set.

Easy Ways to...
Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
		
Make a three bean salad.	Spread nut butter on apple or banana slices.	Choose fish twice a week.
		
Add beans to sautéed greens and eat with brown rice.	Add nuts to vegetables and salads.	Eat lean meat and poultry in the right portions – about the size of your palm.
		
Make a bean dip to enjoy with vegetables.	Snack on a handful of unsalted nuts or seeds.	Bring a hard boiled egg with you for an easy snack.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc
For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

NYC Health

Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Narrows Senior Center
933 54th Street
Brooklyn, NY 11219
Tel: 718-232-3211
Fax: 718.232.0512
www.ccbq.org

Social Work Corner

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about our transportation service and the required eligibility for application.

We have SNAP, HEAP and EPIC on site Information and referrals are available upon request

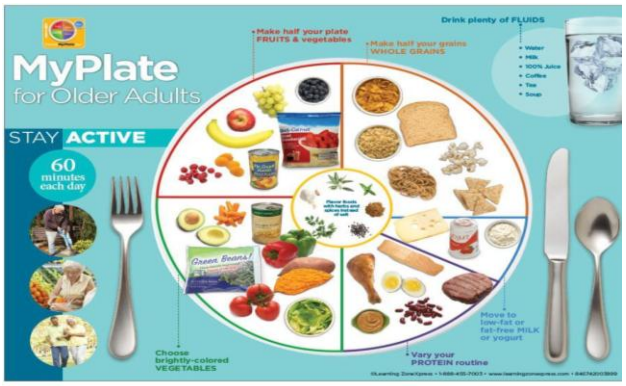
Apply for Internship, volunteer and community service.

We are currently accepting volunteers for workshops and provide full college credit towards internship hours
Call today!!!

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.

We're on the web

Www.ccbq.org





Sign up for weekly art classes every Thursday with

Olga or Tselita.

Main dining room
1pm to 2pm

Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, medications and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.

Please also note if you need any assistance such as service referrals, managing/organizing/filling out important paperwork, applying for benefit programs & housing, and more, do not ever hesitate to look for Case Manager.

Thank You







Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services

CATHOLIC CHARITIES Brooklyn & Queens
ESTABLISHED 1899

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

Catholic Charities Benson Ridge Senior Services can help.

One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

718-680-3530

We care! You are not alone!

Program funded by the New York City Department for the Aging



CATHOLIC CHARITIES Brooklyn & Queens
ESTABLISHED 1899

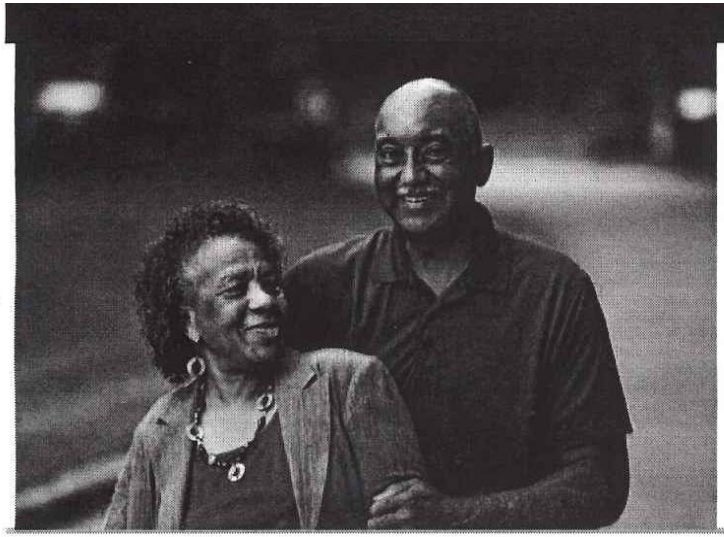
Benson Ridge Senior Services

6823 Fifth Avenue
Brooklyn, NY 11220

718-680-3530 (Tel)
718-680-3654 (Fax)



Serving Homebound Older Adults in Bay Ridge and Bensonhurst



BENSON RIDGE SENIOR SERVICES

Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

"Youth is a gift of nature, but age is a work of art."
– Garson Kanin



What services are available?

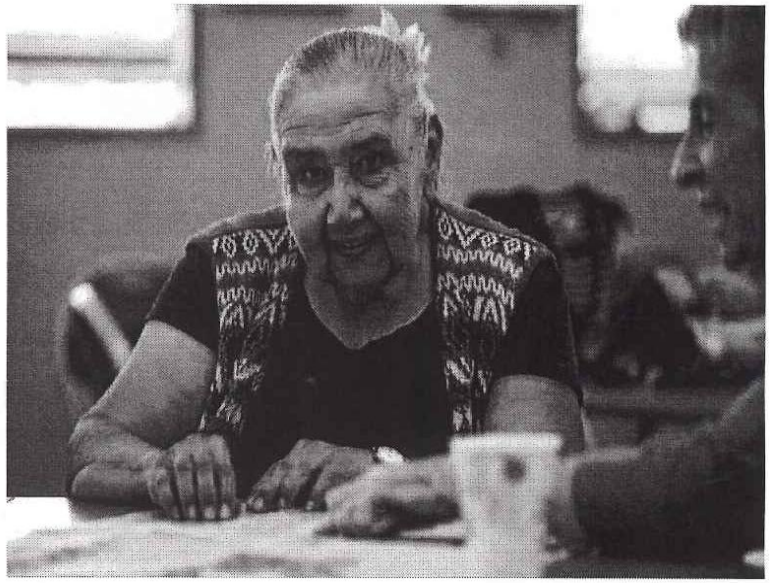
Case management
Home-delivered meals
Homecare
Housekeeping
Transportation
Friendly visiting
Long-term care planning
Benefits and entitlements
Information and referral
Caregiver support

What are the hours of operation?

Monday – Friday
9:00 AM – 5:00 PM

What languages are spoken?

English
Russian
Spanish



RB Seniors

Friendly Visiting Program





Volunteer your time and make a new Senior Citizen friend!

Presented by RiseBoro Community Partnership

FUNDED BY
NYC DEPARTMENT FOR THE AGING

riseboro.org

Seniors in **North and South Brooklyn's Community Districts 1, 2, 3, 4, 6, 7, 10, and 11** are seeking a compassionate individual to spend one hour per week visiting them and keeping them company.

We are looking for compassionate and caring individuals who would like to make friends with an older person in their neighborhood.

For more information or to volunteer, contact:
Biviana Coyomani
email: **bcoyomani@riseboro.org**
phone: **929-563-5596 ext. 2231**

RiseBoro
COMMUNITY PARTNERSHIP